

Gluten-Free Angel Food Cake

Preheat oven: 325°

Bake: 50-55 min.

¼ C. Millet Flour
¼ C. Tapioca Flour
¼ C. White Rice Flour
¼ C. Sweet Rice Flour
1 tsp. Xanthan Gum
12 Egg Whites, Room Temperature
1 ½ Cream of Tartar
¼ Salt
1 Tb. Vanilla
1 ½ C. Granulated Sugar



Separate egg whites in a stainless steel bowl and let them come to room temperature. Beat the egg whites until foamy. Add the cream of tartar. Continue beating egg whites until soft peaks form. Beat in ¾ C. of sugar, about three tablespoons at a time. Continue beating the mixture until stiff peaks form.

In a separate medium bowl, sift flours, xanthan gum, and the remaining ¾ C. of sugar together.

Slowly fold in dry mixture to the stiff egg white mixture. Once the flour mixture is combined, fold in the Vanilla.

Slowly pour the batter into a separating tube pan and spread the batter evenly. Run a knife through the cake to eliminate any air bubbles. Bake.

Cool upside down. Once cool, run a knife around the edge to the bottom of the pan. Separate the tube insert, and then run the knife around the bottom of the insert. Invert onto a cake plate. Serve with topping of choice.

This recipe is from <http://glutenfreemommy.com/angel-food-cake/>.

Tips:

To be sure the eggs are at room temperature; leave them out on the counter for an hour or more.

Make sure there is no grease or oil in the mixing bowl or baking pan.

Soft peaks – when taking a spoon out of the mixture a soft curl appears.

Stiff peaks – when taking a spoon out of the mixture a firm peak appears. Be careful not to over beat.

Folding – Use a large metal serving spoon. I put the spoon down to the bottom of the bowl then lift and carefully fold the egg whites over the flour several times until incorporated. Don't over mix.